

I CLAIM:

1 1. A surgical retractor blade comprising:

2 an elongated body comprising a surface suitable for
3 abutting against soft delicate tissue, a retractor
4 engagement end, and comprising a first anchor guide
5 portion for receiving an anchor, and

6 a first anchor positioned through the first anchor
7 guide portion, having a first end suitable for anchoring
8 into bone.

1 2. The surgical retractor blade of claim 1, wherein the
2 elongated body further comprises a portion having a slip
3 resistant surface for contact with bone.

1 3. The surgical retractor blade of claim 1, wherein the
2 anchor comprises a second end suitable for engagement
3 with a distractor.

1 4. The surgical retractor blade of claim 1, wherein the
2 anchor is selected from the group consisting of pins,
3 screws, pegs, rods, and fasteners.

4 5. The surgical retractor blade of claim 1, further
5 comprising a second anchor guide portion for receiving an
6 anchor, and

7 a second anchor positioned through the second anchor
8 guide portion and into the bone.

9 6. A surgical method for retracting tissue adjacent to
10 bone comprising:

11 (A) making a surgical incision into tissue adjacent
12 to bone sufficient to expose the bone;

13 (B) positioning a first anchorable surgical
14 retractor blade in the incision, wherein the blade
15 comprises:

16 an elongated body comprising a surface
17 suitable for abutting against soft delicate
18 tissue, a retractor engagement end, and

19 comprising a first anchor guide portion for
20 receiving an anchor;

21 (C) positioning a complimentary surgical retractor
22 blade in the incision;

23 (D) affixing the first anchorable and complimentary
24 retractor blades to a retractor;

25 (E) operating the retractor to retract the tissue
26 and expose the bone;

27 (F) positioning a first anchor through the first
28 anchor guide portion and into the bone.

1 7. The surgical retractor blade of claim 1, wherein the
2 elongated body further comprises a portion having a slip
3 resistant surface for contact with bone.

1 8. The method of claim 6, wherein the anchor comprises
2 a second end suitable for engagement with a distractor.

1 9. The method of claim 6, wherein the anchor is
2 selected from the group consisting of pins, screws, pegs,
3 rods, and fasteners.

4 10. The method of claim 6, wherein the first retractor
5 blade further comprises a second anchor guide portion for
6 receiving an anchor, and wherein step (F) of the method
7 further comprises positioning a second anchor through the
8 second anchor guide portion and into the bone.

9 11. The method of claim 6, wherein step (B) further
10 comprises positioning a second anchorable surgical
11 retractor blade in the incision, wherein the second blade
12 comprises an elongated body comprising a surface suitable
13 for abutting against soft delicate tissue, a retractor
14 engagement end, and comprising a second anchor guide
15 portion for receiving an anchor, and wherein step (F)
16 further comprises positioning the first anchor through
17 the second anchor guide portion; and wherein step (D)

18 further comprises affixing the second anchorable
19 retractor blade to the retractor.

20 12. The method of claim 6, wherein step (B) further
21 comprises positioning a second anchorable surgical
22 retractor blade in the incision, wherein the second blade
23 comprises an elongated body comprising a surface suitable
24 for abutting against soft delicate tissue, a retractor
25 engagement end, and comprising a second anchor guide
26 portion for receiving an anchor, and wherein step (F)
27 further comprises positioning a second anchor through the
28 second anchor guide portion and into the bone; and
29 wherein step (D) further comprises affixing the second
30 anchorable retractor blade to the retractor.

31 13. The method of claim 6, further comprising:

32 (G) affixing the first and second anchorable
33 retractor blades to a distractor;

34 (H) operating the distractor to distract the bone.

35

36 14. A retractor blade kit comprising:

37 a first elongated body comprising a surface suitable
38 for abutting against soft delicate tissue, a retractor
39 engagement end, and comprising a first anchor guide
40 portion for receiving an anchor, and

41 a first anchor positionable through the first anchor
42 guide portion, having a first end suitable for anchoring
43 into bone.

1 15. The surgical retractor blade kit of claim 13,
2 further comprising:

3 a second elongated body comprising a surface
4 suitable for abutting against soft delicate tissue, a
5 retractor engagement end, and comprising a second anchor
6 guide portion for receiving an anchor, and

7 wherein the first anchor is further positionable
8 through the second anchor guide portion.

1 16. The surgical retractor blade kit of claim 13,
2 wherein the elongated body further comprises a portion
3 having a slip resistant surface for contact with bone.

1 17. The surgical retractor blade kit of claim 13,
2 wherein the anchor comprises a second end suitable for
3 engagement with a distractor.

1 18. The surgical retractor blade kit claim 13, wherein
2 the anchor is selected from the group consisting of pins,
3 screws, pegs, rods, and fasteners.

1 19. A surgical retractor comprising:
2 a first arm having a finger grip section,
3 a second arm having a finger grip section, and
4 pivotally connected to the first arm,
5 a first surgical retractor blade supported by the
6 first arm, comprising
7 an elongated body comprising a surface
8 suitable for abutting against soft delicate

9 tissue, and comprising an anchor guide portion
10 for receiving an anchor, and
11 an anchor positioned through the anchor guide
12 portion, having a first end suitable for
13 anchoring into bone.

1 20. The surgical retractor of claim 19, wherein the
2 elongated body further comprises a portion having a slip
3 resistant surface for contact with bone.

1 21. The surgical retractor of claim 19, wherein the
2 anchor is selected from the group consisting of pins,
3 screws, pegs, rods, and fasteners.

1 22. The surgical retractor of claim 19, further
2 comprising:
3 a distractor in engagement with the anchor.

1 23. The surgical retractor of claim 19, further
2 comprising, a complimentary retractor blade paired with

3 the first surgical retractor blade, supported by the
4 second arm.

1 24. The surgical retractor of claim 19, further
2 comprising:

3 a second surgical retractor blade supported by the
4 first arm, comprising

5 an elongated body comprising a surface
6 suitable for abutting against soft delicate
7 tissue, and comprising an anchor guide portion
8 for receiving an anchor, and

9 an anchor positioned through the anchor guide
10 portion, having a first end suitable for
11 anchoring into bone.

1 25. The surgical retractor of claim 19, further
2 comprising, two complimentary retractor blades paired
3 with each of the first and second surgical retractor
4 blades, with these complimentary retractor blades
5 supported by the second arm.

1 26. A method of retracting tissues adjacent a bone,
2 using a retractor blade comprising a surface suitable for
3 abutting against tissue, and comprising an anchor guide
4 portion for receiving an anchor, and using an anchor
5 positionable through the anchor guide portion, having a
6 first end suitable for anchoring into bone, the method
7 comprising:

8 (a) placing said retractor blade in a wound
9 opening;

10 (b) retracting tissues surrounding the wound
11 opening with the retractor blade;

12 (c) positioning the retractor blade against the
13 bone;

14 (d) positioning the anchor through the anchor
15 guide; and

(e) securing the anchor in the bone.